

BUCKS COUNTY ROADRUNNERS

November 2011 Newsletter

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[@bcrr_roadrunner](https://twitter.com/bcrr_roadrunner)

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PRESIDENT'S MESSAGE

We are still in the midst of marathon season. Good luck to all the members running the Philadelphia marathon and half marathon. There are some members running the alternate November marathon, the Inaugural Bucks County Marathon. If you are not running, both races need volunteers. We help out with a water stop at Philly and Pat McCloskey can use some help here in Bucks. Look for info on the web and newsletter.

The 22nd Annual BCRR/Bethanna Thanksgiving Day Run is next week. This is the club's largest single day event. Over the last three years, we have raised over \$40,000 for Bethanna. Besides contributing to a good cause, it also generates a lot of interest in our club. Director Pat McCloskey is working hard to make this race even better. It is not too late to get involved. Please volunteer or run. Contact information is on the website.

The Membership and Winter Series application is now on the website. Thanks to Harris Brenner, you may now register on-line through Active.com. The cost has increased slightly to help offset the expense of utilizing Active.com. It's still a great value.

The Winter Series opens on Sunday, November 27th with the Informal Run. Our Winter Series Director, Mark Zacharias, promises an-

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Weekly Run 1

What: Beginner/Slower Run
 Where: Location and Distance Varies
 When: Saturdays and/or Sundays
 Why: Meet Club Members
 Who: Contact Eric Tobias
etobias29@gmail.com

Weekly Run 2

What: Yardley Road / Canal Run
 Where: Cramer's Bakery / CVS in Yardley
 When: Saturdays at 6:30 AM / 7:30 AM
 Why: Flat (mostly) Out-And-Back Run
 Who: Contact Bill Schaffling
william.schaffling@bms.com

Weekly Run 3

What: Trail Run
 Where: Washington Crossing Park
 When: Saturdays at 7:30 AM
 Why: To Enjoy The Trails
 Who: Contact Christopher Mortensen
mortensen_christopher@yahoo.com

Weekly Run 4

What: Short Run, Long Run, Hills
 Where: The Boathouse at Tyler State Park
 When: Sundays at 8:00 AM
 Why: Meet Club Members
 Who: Contact the BCRR
bcrr@yahoo.com

Member Profile

Tom Peterson

It all started in high school. I was planning on joining the Tennis team in the spring of my freshman year when my family suggested I run Cross Country in the fall to get into shape. After thinking about it for a while, I decided this was a great idea. So I joined about three weeks into the season. The first week was brutal, trying to keep up with kids, most of whom were several years older and all having had a few weeks of practice under their belts. I toughed it out through the second week and then got my chance to race. That's all it took, I've been hooked ever since.

I ended up racing Cross Country and distance events in Track for my four years at high school and never did play tennis. Looking back at those days, I now realize how much they affected my life. I still believe the camaraderie of distance runners is hard to match in other sports. Participating in Cross Country makes you part of a new family who will help you strive for new goals and will be there for the good and the bad. The best is that they understand your love of running when others think you've lost your marbles.

One of my biggest regrets was thinking I wasn't

good enough to participate in Cross Country at the NCAA Division 1 level. Whether I would have made the team or not, I never gave myself the chance. From this point until a few years ago, running was something I would come back to, but never consistently. I think the biggest problem was that I didn't look for a group like BCRR. I didn't find that "running family" again.



A fixture now at the trail runs Tom has dabbled in cycling, duathlons and adventure racing.

About five years ago, I realized it was time to get serious about my health. A few friends were biking and they talked me into trying it. The following week I purchased a road bike. Knowing my previous history of trying new activities by myself, I knew I wouldn't continue riding unless I found a like-minded group. My friends pointed me toward the Central Bucks Bike Club and I found the support I needed.

Biking was working, I was becoming healthier and I started to drop a few pounds, but I wanted more. At this point my son began running Cross Country his junior year in high school. Watching him race was more exciting than it ever was while I raced. This was the spark I needed to start running again. Merging a

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(Member Profile continued from page 2)

running routine into my biking schedule worked well. We were riding three to four days a week and I could run on the days I was not on the bike. After a few months I began participating in 5K's again.

With time, my group of riding partners continued to grow and I was introduced to mountain biking. This required a new skill set for bike riding and allowed me to ride more during the winter. I found that mountain biking is more like cross country running where road riding is more like track, and I had always preferred cross country to track.

When my son left home to attend Rochester Institute of Technology, he tried out for the Cross Country team. Watching his improvement in running from the high school level to the college level left me wanting to do more as well. Some of my riding group were participating in Tri and Duathlons and urged me to try one. Since I'm not much of a swimmer, I felt Duathlons would be a better match. I made the commitment in the spring of 2010 to race the first Annual Bucks County Duathlon. I asked a friend, Dan Maialetti, who happens to be a personal trainer, to help me prepare. We created a workout plan and set goals for the race and I spent the summer preparing. The race went well and I achieved all my goals.

While Dan was helping me prepare, he suggested I try an Adventure Challenge with his team. An Adventure Challenge is similar to triathlons, in that they are multi-disciplined. Rather than swimming, road riding and road running, you canoe, mountain bike and trail run. The organizers will also add challenges in throughout the race. These can include boulder climbs, archery, target shooting, orienteering, mud crawls, etc. These races are team events where you work in teams of two to five depending on the race. Most races take between three and five hours to complete.

In the fall of 2010, I raced my first Adventure Challenge. I've always enjoyed racing, but racing and working as part of a team was considerably more rewarding. And since I enjoyed off road riding and running more than spending all that time on the road, it was a perfect fit for me.

To maintain the fitness level I had reached and to keep my interest up for running, I found BCRR. My intention was to run the Winter Series last winter, but had to pass due to some lingering tendonitis issues. But this last spring, I found Chris Mortensen and his Saturday morning trail runs. Trouping through the scenic trails and mud of Washington Crossing Park is wonderful. I even find myself planning my week around these runs. And of course, the group is always encouraging you to accomplish more. With the help of Chris, Harris, Jimmy, Jeff, Jeff, Gregg, George, to mention just a few, I've made the commitment to try a 50K trail run in the spring.

BCRR is the family of runners I've been missing since leaving high school and can confidently say that I'll be running until my body won't let me continue. See you all during the Winter Series.

(President's Message continued from page 1)

other great season. Hopefully, the weather will be more forgiving this year. Look for information in this newsletter and our website.

Coming soon, we will have new updated club merchandise. I am working with several club members on this. We haven't put Ray Galenty out to pasture. He's already retired once. The hats and gloves will remain a staple. Stay tuned for more info.

Have a great Thanksgiving!

Gotta Run!

Fred

2011-2012 Winter Series

It's hard to believe that the 2011-2012 Winter Series is just around the corner. Indeed, due to the fact that Christmas falls on a Sunday this year, the Winter Series will start a week earlier than normal. The traditional Informal Run will be held on the Sunday after Thanksgiving, November 27th, 2011. The first true race of the series, the Covered Bridge 5K, will be held on the following Sunday, December 4th, 2011.

For a complete schedule see the BCRR Web Site (http://www.bcurr.info/winter_series_files/Schedule2012WinterSeries.html). Once again we will hold 11 races plus the Informal Run. The races will range in distance from 5K to a Half Marathon, and will run every Sunday from November 27th, 2011 through February 19th, 2012, with the exception of Christmas Day, December 25th, 2011. As usual registration will be held at the boathouse at Tyler State Park, and all races will begin at 9:30 AM sharp, with the exception of the Cham-Pain 5K on New Years Day, which will begin at 12:00 noon. Please plan to arrive at least one hour before the race to give you plenty of time to park and register. We are expecting record-breaking participation again this year, so the closest parking lots will fill up quickly.

Races are open to the public. Participants can pay for them a la carte or can sign up in advance for the entire series. Please remember that in order to be eligible for overall and age-group awards you must:

Be a BCRR member

Volunteer for at least one race

For the complete Winter Series rules, again please see the Web site: <http://www.bcurr.info/WinterSeriesRules2011-2012.html>.

We have set up online registration via Active.com this year for both the BCRR membership and the Winter Series. You can still sign up using the paper form, but you get a \$5 discount online, which helps offset the online registration fee. A link to sign up online and the paper form may be found at: http://www.bcurr.info/ws2011_2012.html.

To sign up as a volunteer, please send an email to Janet Lewis at janet.lewis@alumni.duke.edu, who will be coordinating volunteers. Please be sure to include your top three choices of races in priority order, in case your first choices are already filled up. We encourage those of you who prefer not to run the longer distances to sign up for the Terrible Tyler or the Half Marathon, which will have two volunteers shifts again this year.

We hope to be able to provide babysitters again this year for participants with young children. Whether or not this service is offered will depend on whether there is enough interest in the service, and if enough babysitters (who are paid) can be found. If you believe that you might make use of this service, or you have a daughter or

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son who would be interested in babysitting this year, please let me know by sending me an email at markzacharias@verizon.net.

I want to take this opportunity to thank in advance all the season-long volunteers and Race Directors without whom the Winter Series would not be possible. I would like to welcome two new season-long volunteers, Phil Davies as Food & Refreshments Manager, and Janet Lewis, who will be Volunteer Coordinator. Also, welcome to new Race Directors for no less than four races: Sharon Sein for the Covered Bridge 5K, Anthony Accardo for the Honest Abe, Lori Merrill and Carmine Sesa for the Pick Your Way, and Mike Gross for the Staggered Start.

We hope to see everyone at the Informal on the 27th. Be sure to sign up by December 4th to take advantage of the pre-season discount! Hopefully Mother Nature will smile on us again this year and not plan any Saturday evening storms. Weather or not, I expect another very successful and fun Winter Series.

I'm off to the races.

Mark Zacharias

Bucks County Roadrunners Winter Series 2011-2012 Schedule

Please note that the series will start a week early this year since there will be no race on Sunday, Dec. 25 - Christmas Day. So, the Informal will be the Sunday after the Thanksgiving race, November 27th, and the first race (the Covered Bridge) will be on Dec. 4th.

Date	Day	Time	Race	Distance
November 27, 2011	Sunday	9:30 AM	Tour Tyler Informal	5.3 Miles
December 4, 2011	Sunday	9:30 AM	Covered Bridge	5K
December 11, 2011	Sunday	9:30 AM	Jingle Bell	5.3 Miles
December 18, 2011	Sunday	9:30 AM	Tyler Challenge	10K
January 1, 2012	Sunday	12:00 Noon	Cham-Pain	5K
January 8, 2012	Sunday	9:30 AM	Predict Your Time	5.3 Miles
January 15, 2012	Sunday	9:30 AM	Polar Bear	8 Miles
January 22, 2012	Sunday	9:30 AM	Honest Abe	4.6 Miles
January 29, 2012	Sunday	9:30 AM	Terrible Tyler	9.3 Miles
February 5, 2012	Sunday	9:30 AM	Pick Your Way	5.3 Miles
February 12, 2012	Sunday	9:30 AM	Eenie-Meanie-Minie-Moe	13.1 Miles
February 19, 2012	Sunday	9:30 AM	Staggered Start	4.6 Miles

BUCKS COUNTY ROADRUNNERS



RACES START & END AT:
ONE SUMMIT SQUARE
Rts 413 & 332 BY-PASS
LANGHORNE, PA
 (OFFICE BUILDING NEXT TO SUMMIT SQUARE SHOPPING CENTER)

5 MILE
9:00AM START

AWARDS TO TOP 3 MEN & WOMEN OVERALL
 AND TOP 3 MEN & WOMEN IN THESE GROUPS:
 UNDER 14, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44,
 45-49, 50-54, 55-59, 60-69, 70 & OLDER

AWARDS TO TOP THREE HOLIDAY THEMED COSTUMES

One Mile Fun Run / Walk
9:05AM START

T-SHIRTS
 LONG SLEEVED TECH SHIRTS TO ALL
FIVE MILE REGISTRANTS BY NOVEMBER 11, 2011
COTTON LONG SLEEVED T-SHIRTS
TO PREREGISTRANTS (NY NOV11, 2011)

REGISTRATION
 ENTER ONLINE AT:

active.com SEARCH: BUCKS THANKSGIVING
 or EVENT ID: 1948522

OR BY MAIL:

5 MILE: \$25 if RECEIVED BY **November 11, 2011**
 \$30 IF RECEIVED BY **November 21, 2011**
RACE DAY: \$40.00

1 MILE: \$10 if received by **November 21, 2011**
\$20 RACE DAY

Make checks payable to: **BCRRC/ BETHANNA**
 Mail Fee & Completed Form(s) to: **RACING RESOURCES**
 P.O. Box 262
 Warrington, PA 18976

22nd ANNUAL THANKSGIVING DAY

TO BENEFIT:

Bethanna
 BETHANNA.ORG
 PROVIDING SERVICES TO CHILDREN

5 MILER

& One Mile Fun Run/Walk

MORE INFORMATION INCLUDING COURSE MAP AVAILABLE AT:
WWW.BCRR.INFO or call **215:530.6047**

THURSDAY MORNING, NOVEMBER 24, 2011



patmccloskey.com
 awards, screenprinting,
 mobile music, event planning
215.530.6047



2011 BCRRC THANKSGIVING DAY 5 MILER & ONE MILE FUN RUN 24NOV11

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

GENDER M F AGE / / D.O.B SHIRT SIZE S M L XL RACE 1 5

DAY PHONE () _____ EVENING PHONE () _____

EMAIL ADDRESS _____ EMERGENCY PHONE (NOT YOUR OWN) () _____

SCHOOL, CLUB OR COMPANY TEAM _____

WAIVER: I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any and all decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of weather, including high heat and humidity or extreme cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release Bucks County Road Runners Club, Racing Resources, Bethanna, BPG Ltd., Gigliotti Group, Middletown Township and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation

PARTICIPANT'S SIGNATURE _____

DATE _____

PARENT'S CO-SIGNATURE (if participant is UNDER 18 YEARS of age) DATE _____

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“There are no secrets to success. It is the result of preparation, hard work, learning from failure.”- Colin Powell

November 12	Autism Cares Foundation Race for Resources 10K and 5K	Tyler State Park, Newtown, PA	215-968-3737
	http://raceforresources.kintera.org		
November 12	Princeton AC XC 5K	Rosedale Park, Lawrenceville-Hopewell, NJ	http://www.princetonac.org
November 13	MAD Dash 5K Run/Walk	Johnson Park, Piscataway, NJ	732-821-0201 http://www.hearingmaders.org/jersey
November 13	The Lemon Run	Philadelphia, PA	Sheryl@alexslemonade.org 610-649-3034 http://www.thelemonrun.com
November 19	For The Fallen 5K	Tyler State Park, Newtown, PA	mikesbike7@aim.com http://www.pretzelcitysports.com
November 20	Bucks County Marathon	Yardley, PA	racedirector@runbucks.com http://www.runbucks.com
November 24	BCRR Thanksgiving Day 5 Miler and 1 Mile Fun Run/Walk	Summit Square, Langhorne, PA	
	http://www.active.com/running/langhorne-pa/22nd-annual-bucks-county-roadrunners-thanksgiving-day-5-miler-and-one-mile-fun-runwalk-2011		
November 24	5th Annual Pumpkin Pie 5K Run and Scenic Walk	Nazareth, PA	610-759-3440 karenjanis@nazarethymca.org
	http://www.nazarethymca.org/5k		
November 26	Turkey Trot 5K & Fitness Walk	Bethlehem, PA	610-691-6055 http://www.historicbethlehem.org
November 27	BCRR Tour Tyler Informal 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 3	Jingle Bell Run/Walk for Arthritis	Bethlehem, PA	bmclure@arthritis.org http://www.jbrlv.kintera.org
December 4	BCRR Covered Bridge 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 4	Sports & Fitness 5K	Lloyd Hall, Philadelphia, PA	http://philadelphiasportandfitness5k.wordpress.com/
December 10	Jingle Bell Run/Walk for Arthritis	Newtown, PA	bmclure@arthritis.org http://www.jbrbucks.kintera.org
December 11	BCRR Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 18	BCRR Tyler Challenge 10K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 1	BCRR Cham-Pain 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 7	Freezing Cold 3 and 5 Mile Hash Run	Edison, NJ	732-572-0500 vercammenlaw@njlaws.com
	http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm		
January 8	BCRR Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 11	Cupid's Chase 5K	Princeton, NJ	973-390-0357 http://www.comop.org/cupidschase/
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
March 19	Get Your Rear in Gear 5K/10K	Philadelphia, PA	
	http://www.getyourrearingear.com/events/list/2012/philadelphia-pa-2012/		
March 25	Caesar Rodney Half Marathon	Wilmington, DE	302-737-6414 x 17 sdenardo@lunginfo.org
	http://action.lungusa.org/site/TR?ft_id=5030&pg=entry		
March 31	Tyler Arboretum 10K Trail Run	Tyler Arboretum, Media, PA	tylertrailrun@yahoo.com 610-891-0806
	http://www.tylertrailrun.com		
April 15	Bucks County Half Marathon	Tyler State Park Arts Center, Newtown, PA	267-574-1325
	http://www.buckscountymarathon.com	davidjfeinman@aol.com	